

Salmon in Sesame Sauce

with Warm Japanese Mushroom and Spinach Salad

hellóchef

Like all oily fish, salmon is rich in omega-3 fatty acids, making it an excellent promoter of heart and brain health.

Cals 548 • Prot 52 • Carbs 22 • Fat 30

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 30 min

R3070



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Salmon	2 ppl	3 ppl	4 ppl	
Skinless salmon fillet 6*	350	525	700	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	1	1	Tsp
Black pepper	0.5	1	1	Tsp
Salad				
Spinach	300	450	600	Grams
Garlic cloves	2	3	4	Piece
Shimeji mushroom	150	300	300	Grams
Soy sauce 9*, 10*, 11*	20	30	40	ML
Sesame oil 3*, 9*	15	22	30	ML
Sesame seeds 3*	10	15	20	Grams
Sauce				
Tahini 3*	30	40	60	Grams
Miso paste 9*	20	30	40	Grams
Honey	15	15	30	Grams
Rice vinegar	15	22	30	ML
Water	20	30	40	ML
Extra				
Sushi ginger	40	60	80	Grams

Allergens

*6 Fish, *9 Soya, *10 Wheat, *11 Gluten, *3 Sesame Seeds

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	1958 / 548
Fat (g)	30.1
of which saturates (g)	4.6
Carbohydrate (g)	22
of which sugars (g)	7
Fiber (g)	5.7
Protein (g)	52
Salt (g)	2.8

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Boil a kettle. Trim the **spinach** stalks. Place the leaves in a colander and pour the freshly boiled water from the kettle over it. Once the **spinach** is cool enough to handle, give it a good squeeze and chop it roughly. Peel and mince the **garlic**.



2 Prep sauce

Add the **tahini, miso, honey** and **vinegar** to a bowl and whisk. Gradually add the **measured water** and continue to whisk until smooth. Set aside.

Tip! Not got a precise measuring jug to hand? Use a spoon measurement instead. 1 tbsp consists of 15 ml.



3 Fry mushrooms

Heat a pan over a high heat with a drizzle of **vegetable oil**. Trim the base of the **shimeji mushrooms** and break them into the hot pan. Fry for 4 min until starting to brown.



4 Toss salad

Once browned, add the **garlic** and fry for 30 sec further. Remove the pan from the heat and add the **soy sauce, sesame oil, sesame seeds** and chopped **spinach**. Toss. Transfer to a serving bowl.



5 Fry salmon

Portion the **salmon**. Return the pan to a high heat (no need to wash it) with another drizzle of **oil**. Once hot, add the **salmon fillets** and cook for 3-4 min on either side until cooked through. Season with **salt** and **pepper**.



6 Serve

Serve the **salmon** with the **spinach salad** and **sushi ginger** to the side. Drizzle the **salmon** with the **sesame sauce**.

Tip! If you're craving carbs, serve the salmon and salad with white rice.